

## College Station Parks and Recreation

### General Principles for Parents Regarding Youth Sports

Athletes and coaches will not be able to perform at their best if parents do not have a clear understanding of the philosophies of the program. The following is a suggested guideline for parents:

- 1.** Understand the daily pressures a child faces. This activity should be an outlet and a place for a player to have fun. Encourage your child and allow him or her to have a good time.
- 2.** Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents, and coaches on both teams.
- 3.** Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
- 4.** Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field/court. Not only does it devalue the coach, it also confuses the player.
- 5.** Parents should not embarrass their child by calling attention to them or creating a scene through loud or rude behavior.
- 6.** Don't be a coach—be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
- 7.** Parents should encourage discipline by having their children arrive on time for practices and games.
- 8.** Parents should help their children realize that belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
- 9.** Parents should volunteer their services whenever possible. This shows the participants the value of being a team player.
- 10.** Parents should respect the officials and their calls. It is ok to disagree, but inappropriate to disparage.

## Positive Coaching: A Behavior Checklist for Youth Sports Coaches

### Youth Sports Coach Behavior Checklist

- I praise kids just for participating.
  - I look for positives, and make a big deal out of them.
  - I stay calm when my kids make mistakes, helping them learn from their mistakes.
  - I have reasonable and realistic expectation.
  - I treat my kids with respect, avoiding put-downs, sarcasm, and ridicule.
  - I remind my kids not to get down on themselves.
  - I remember not to take myself too seriously during the game.
  - I maintain a Fun is #1 attitude, with lots of laughter and sense of humor.
  - I emphasize teamwork, and help my kids think "we" instead of "me."
  - I am a role model of good sportsmanship
- (a) Winning without gloating  
(b) Losing without complaining  
(c) Treating opponents and officials with fairness, generosity, & courtesy.

When the UCLA Sports Laboratory surveyed children for the main reasons why they continue to participate in youth sports, the number one reason given was positive coach support. Research points to the benefits of getting kids to continue to participate in youth sports, noting that kids who stay in sports tend to stay in school, get better grades and have fewer behavioral problems.

It seems obvious that the key to a successful youth sports program where the kids keep coming back is positive support, which the kids feel from their coach.

It is extremely important that we, as coaches, remember that a successful youth coach is defined not in terms of a won-loss record, but in terms of how many kids decide to return to play again next year.